

Foods are evaluated for compliance with the Connecticut Nutrition Standards (CNS) based on the amount **as served** including any **added accompaniments**. The Connecticut State Department of Education (CSDE) encourages schools to review the nutrient content of allowable products, and select the most nutrient-rich products that also meet the "Better Choice" recommendations (see green and white columns on right). **The CSDE strongly encourages schools to offer a la carte food choices that include a variety of minimally processed and naturally nutrient-rich whole foods such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats and legumes.**

Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product’s nutrition information to the CSDE. For more information, see *Submitting Food and Beverage Products for Approval* (www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/SubmitProduct.pdf).

The CSDE's *List of Acceptable Foods and Beverages* is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, see *Contact Information for Vendors* (www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/VendorContact.pdf).

NUTS, SEEDS, TRAIL MIX AND JERKY, including nut and seed butters, soy nuts, and bars made only from fruits and nuts

| NUTS, SEEDS, TRAIL MIX AND JERKY, including nut and seed butters, soy nuts, and bars made only from fruits and nuts | | | | SNACKS | | | | | | | | | | | | | | | BETTER CHOICE RECOMMENDATIONS Choose products that meet all recommendations. | | | | | |
|---|--------------------------------|-------------------------|------------------------|--|--------------------|--|---------------------|-------------------|-------------------------------|---------------|--------------------------------|-------------|-----------|---|--------------------|---|---------------------------------------|---------------|---|---|----------------|---------------------------------|-----------------------------|-----------------------------|
| | | | | General Standards | Nutrient Standards | | | | | | | | | | | | | | | | | | | |
| | | | | 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF) | ≤200 calories | Nuts, seeds and nut/seed butters are exempt from the fat and saturated fat standards | | | | <0.5 g | No partially hydrogenated oils | ≤230 mg | | 100% fruit is exempt from the sugar standards | | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No chemically altered fat substitutes | No caffeine | | | | | | |
| | ≤35% of total calories | | <10% of total calories | | | ≤15 g | ≤35% by weight | | | | | | | | | | | | | | | | | |
| Manufacturer | Food Item | Package or Serving Size | Weight (g) | General Standard Criteria Met | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Standard Met? | Sodium (mg) | Fiber (g) | Total Sugars (g) | % Sugars by Weight | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review | No artificial flavors or colors | No high fructose corn syrup | At least 2.5 grams of fiber |
| General Mills | Larabar Apple Pie, 0.78 oz | 0.78 oz | 22 | FG | 90 | 5.0 | 50.0% | 0.0 | 0.0% | 0 | yes | 5 | 3 | 9 | 40.7% | yes | yes | yes | Retail Product | UPC 0-21908-47101-3. Contains only nuts and dried fruit, no added fat or sugars. | 7/18/13 | X | X | X |
| General Mills | Larabar Apple Pie, 1.6 oz | 1.6 oz | 45 | FG | 190 | 10.0 | 47.4% | 1.0 | 4.7% | 0 | yes | 5 | 5 | 18 | 39.7% | yes | yes | yes | PFG Springfield, Sysco | UPC 0-21908-50927-3. Contains only nuts and dried fruit, no added fat or sugars. | 7/18/13 | X | X | X |
| General Mills | Larabar Cashew Cookie, 0.78 oz | 0.78 oz | 22 | FG | 100 | 6.0 | 54.0% | 1.0 | 9.0% | 0 | yes | 0 | 1 | 8 | 36.2% | yes | yes | yes | Retail Product | UPC 0-21908-47103-7. Contains only nuts and dried fruit, no added fat or sugars. | 7/18/13 | X | X | |
| General Mills | Larabar Cherry Pie, 0.78 oz | 0.78 oz | 22 | FG | 90 | 4.0 | 40.0% | 0.0 | 0.0% | 0 | yes | 0 | 2 | 11 | 49.7% | yes | yes | yes | Retail Product | UPC 0-21908-47104-4. Contains only nuts and dried fruit, no added fat or sugars. | 7/18/13 | X | X | |

NUTS, SEEDS, TRAIL MIX AND JERKY, including nut and seed butters, soy nuts, and bars made only from fruits and nuts

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| | | | | General Standards | Nutrient Standards | | | | | | | | | | | | | | | | | | | |
| | | | | 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF) | ≤200 calories | Nuts, seeds and nut/seed butters are exempt from the fat and saturated fat standards | | | | <0.5 g | No partially hydrogenated oils | ≤230 mg | | 100% fruit is exempt from the sugar standards | | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No chemically altered fat substitutes | No caffeine | | | | | | |
| | ≤35% of total calories | | <10% of total calories | | | | | | | | | | | | | | | | | | | | | |
| Manufacturer | Food Item | Package or Serving Size | Weight (g) | General Standard Criteria Met | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Standard Met? | Sodium (mg) | Fiber (g) | Total Sugars (g) | % Sugars by Weight | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review | No artificial flavors or colors | No high fructose corn syrup | At least 2.5 grams of fiber |
| General Mills | Larabar Cherry Pie, 1.7 oz | 1.7 oz | 48 | FG | 200 | 8.0 | 36.0% | 0.5 | 2.3% | 0 | yes | 0 | 4 | 23 | 47.7% | yes | yes | yes | PFG Springfield, Sysco | UPC 0-21908-50924-2. Contains only nuts and dried fruit, no added fat or sugars. | 7/18/13 | X | X | X |
| Kar's | Cranberry Almond Delight, 1.25 oz | 1.25 oz | 35 | FG | 190 | 14.0 | 66.3% | 2.0 | 9.5% | 0 | yes | 85 | 3 | 8 | 22.6% | yes | yes | yes | Vistar, Sultana, Thayer | UPC 0-77034-08961-5; Cae se UPC 100-77034-08961-2. | 7/29/13 | X | X | |
| Kar's | Mango Pineapple Trail Mix, Unsalted, 1.5 oz | 1.5 oz | 43 | FG | 200 | 12.0 | 54.0% | 1.5 | 6.8% | 0 | yes | 15 | 2 | 13 | 30.6% | yes | yes | yes | Vistar, Sultana, Thayer | UPC 0-77034-08964-6; Case UPC 100-77034-08964-3. | 7/29/13 | X | X | |
| Kar's | Original Trail Mix, Unsalted, 1.5 oz | 1.5 oz | 43 | FG | 200 | 13.0 | 58.5% | 1.0 | 4.5% | 0 | yes | 0 | 3 | 10 | 23.5% | yes | yes | yes | Vistar, Sultana, Thayer | Item 8950; UPC 0-77034-08950-7; Case UPC 100-77034-08950-6. | 7/29/13 | X | X | X |
| Kar's | Roasted Salted Almonds, 1 oz | 1 oz | 28 | FG | 170 | 16.0 | 84.7% | 1.0 | 5.3% | 0 | yes | 95 | 3 | 1 | 3.5% | yes | yes | yes | Vistar, Sultana, Thayer | Item 8971; UPC 0-77034-08971-4; Case UPC 100-77034-08971-1. | 7/29/13 | X | X | X |
| Kar's | Roasted Salted Cashews, 1 oz | 1 oz | 28 | FG | 160 | 14.0 | 78.8% | 2.5 | 14.1% | 0 | yes | 85 | 1 | 1 | 3.5% | yes | yes | yes | Vistar, Sultana, Thayer | Item 8980; UPC 0-77034-08980-4; Case UPC 100-77034-08980-3. | 7/29/13 | X | X | |
| Kar's | Roasted Salted Peanuts, 1 oz | 1 oz | 28 | FG | 170 | 15.0 | 79.4% | 2.5 | 13.2% | 0 | yes | 90 | 3 | 1 | 3.5% | yes | yes | yes | Vistar, Sultana, Thayer | Item 8978; UPC 0-77034-08978-1; Case UPC 100-77034-08978-0. | 7/29/13 | X | X | X |

NUTS, SEEDS, TRAIL MIX AND JERKY, including nut and seed butters, soy nuts, and bars made only from fruits and nuts

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| | | | | General Standards | Nutrient Standards | | | | | | | | | | | | | | | | | | | |
| | | | | | 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF) | ≤200 calories | Nuts, seeds and nut/seed butters are exempt from the fat and saturated fat standards | | | | <0.5 g | No partially hydrogenated oils | ≤230 mg | | 100% fruit is exempt from the sugar standards | | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No chemically altered fat substitutes | | | | No caffeine | | |
| | ≤35% of total calories | | <10% of total calories | | | | ≤15 g | ≤35% by weight | | | | | | | | | | | | | | | | |
| Manufacturer | Food Item | Package or Serving Size | Weight (g) | General Standard Criteria Met | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Standard Met? | Sodium (mg) | Fiber (g) | Total Sugars (g) | % Sugars by Weight | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review | No artificial flavors or colors | No high fructose corn syrup | At least 2.5 grams of fiber |
| Kar's | Sunflower Kernels, Peanut Free, 1 oz | 1 oz | 28 | FG | 170 | 15.0 | 79.4% | 2.0 | 10.6% | 0 | yes | 44 | 2 | <1 | 0.0% | yes | yes | yes | Vistar, Sultana, Thayer | Item 8977; UPC 0-77034-08977-6; Case UPC 100-77034-08977-3. | 11/25/14 | X | X | |
| Kraft | Planters Honey Dry Roasted Peanuts, 1 oz pkg | 1 oz | 28 | FG | 160 | 13.0 | 73.1% | 2.0 | 11.3% | 0 | yes | 100 | 2 | 4 | 14.1% | yes | yes | yes | Berkshire, Superior Vending, Vistar | UPC 19320-07692; Case UPC 001-93200-76920-0 | 7/18/13 | X | X | |
| Kraft | Planters Salted Peanuts, 1 oz pkg | 1 oz | 28 | FG | 170 | 14.0 | 74.1% | 2.0 | 10.6% | 0 | yes | 95 | 2 | 1 | 3.5% | yes | yes | yes | Berkshire, Superior Vending, Vistar | UPC 29000-07695; Case UPC 000-29000-07695-2 | 7/18/13 | X | X | |
| Link Snacks, Inc. | Jack Links Beef Jerky, Original, 0.85 oz | 0.85 oz | 24 | FG | 70 | 1.0 | 12.9% | 0.0 | 0.0% | 0 | yes | 200 | 0 | 6 | 24.9% | yes | yes | yes | Vistar | Item 10000007721; UPC 0-17082-87651-5; Case UPC 100-17082-87651-2 | 9/5/14 | X | X | NA |
| Link Snacks, Inc. | Jack Links Beef Jerky, Peppered, 0.85 oz | 0.85 oz | 24 | FG | 70 | 1.0 | 12.9% | 0.0 | 0.0% | 0 | yes | 200 | 0 | 6 | 24.9% | yes | yes | yes | Vistar | Item 10000007719; UPC 0-17082-87650-8; Case UPC 100-17082-87650-5 | 9/5/14 | X | X | NA |
| Link Snacks, Inc. | Jack Links Beef Jerky, Teriyaki, 0.85 oz | 0.85 oz | 24 | FG | 70 | 1.0 | 12.9% | 0.0 | 0.0% | 0 | yes | 200 | 0 | 6 | 24.9% | yes | yes | yes | Vistar | Item 10000007717; UPC 0-17082-87649-2; Case UPC 100-17082-87649-9 | 9/5/14 | X | X | NA |
| Mr. Nature | Roasted Almonds, Salted, 1 oz | 1 oz | 28 | FG | 175 | 16.0 | 82.3% | 1.3 | 6.7% | 0 | yes | 105 | 3 | 1 | 3.5% | yes | yes | yes | Edens, Kendall, Sultana, Vistar | UPC 0-76217-50285-9; Case UPC 100-76217-50285-6 | 11/13/14 | X | X | X |

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| | ≤35% of total calories | | <10% of total calories | | | | | ≤15 g | ≤35% by weight | | | | | | | | | | | | | | | | |
| Manufacturer | Food Item | Package or Serving Size | Weight (g) | General Standard Criteria Met | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Standard Met? | Sodium (mg) | Fiber (g) | Total Sugars (g) | % Sugars by Weight | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review | No artificial flavors or colors | No high fructose corn syrup | At least 2.5 grams of fiber | |
| Mr. Nature | Roasted Cashews, Salted, 1 oz | 1 oz | 28 | FG | 165 | 11.0 | 60.0% | 4.0 | 21.8% | 0 | yes | 94 | 3 | 1 | 3.5% | yes | yes | yes | Edens, Kendall, Sultana, Vistar | UPC 0-76217-11290-4; Case UPC 100-76217-11290-1 | 11/13/14 | X | X | X | |
| Mr. Nature | Trail Mix, unsalted (peanuts, raisins, sunflower seeds, almonds and walnuts), 1.1 oz | 1.1 oz | 31 | FG | 130 | 7.0 | 48.5% | 1.0 | 6.9% | 0 | yes | 10 | 0 | 5 | 16.0% | yes | yes | yes | Edens, Kendall, Sultana, Vistar | UPC 0-76217-02013-1; Case UPC 100-76217-02013-8 | 11/13/14 | X | X | X | |
| National Food Group, Inc. | Edamame, Dry Rpasted and Salted, 1 oz | 1 oz | 28 | FG | 120 | 3.0 | 22.5% | 0.5 | 3.8% | 0 | yes | 100 | 8 | 1 | 3.5% | yes | yes | yes | National Food Group, Inc. | Item 603275 | 3/30/15 | X | X | X | |
| Once Again | Organic Almond Butter, Single-serve Squeeze Packet, 1.15 oz | 1.15 oz | 32 | FG | 200 | 18.0 | 81.0% | 1.5 | 6.8% | 0 | yes | 0 | 3 | 2 | 6.3% | yes | yes | yes | Green Nature Marketing | UPC 0-44082-55444-0; 10 Pack UPC 0-44082-55447-3 | 7/31/15 | X | X | X | |
| Once Again | Organic Lightly Toasted Almond Butter, Single-serve Squeeze Packet, 1.15 oz | 1.15 oz | 32 | FG | 200 | 18.0 | 81.0% | 1.5 | 6.8% | 0 | yes | 0 | 3 | 2 | 6.3% | yes | yes | yes | Green Nature Marketing | UPC 0-44082-55464-8; 10 Pack UPC 0-44082-53467-1 | 7/31/15 | X | X | X | |
| Sun Opta Aseptic, Inc | Sunrich Naturals Pepitas Lightly Salted Pumpkin Seeds, 1 oz | 1 oz | 28 | FG | 160 | 14.0 | 78.8% | 2.5 | 14.1% | 0 | yes | 75 | 2 | 0 | 0.0% | yes | yes | yes | M&R, Thurston, US Foods, SunOpta, Sysco CT | Code 1015824; UPC 8-10304-01612-2; Case UPC10 8-10304-01612-9. | 8/20/13 | X | X | | |
| Sun Opta Aseptic, Inc | Sunrich Naturals Sunflower Blazin' Hot All Natural Kernels, 1 oz | 1 oz | 28 | FG | 170 | 16.0 | 84.7% | 1.5 | 7.9% | 0 | yes | 115 | 2 | 1 | 0.0% | yes | yes | yes | M&R, Thurston, US Foods, SunOpta, Sysco CT | Code 1007687; UPC 8-10304-01213-1; Case UPC 108-10304-01213-8. | 8/20/13 | X | X | | |
| Sun Opta Aseptic, Inc | Sunrich Naturals Sunflower Honey Roasted All Natural Kernels, 1 oz | 1 oz | 28 | FG | 160 | 14.0 | 78.8% | 1.0 | 5.6% | 0 | yes | 55 | 1.5 | 4 | 14.1% | yes | yes | yes | M&R, Thurston, US Foods, SunOpta, Sysco CT | Code 1017130; UPC 8-10304-01211-7; Case UPC 108-10304-01211-4. | 8/20/13 | X | X | | |

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| | | | | General Standards | Nutrient Standards | | | | | | | | | | | | | | | | | | | |
| | | | | 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF) | ≤200 calories | Nuts, seeds and nut/seed butters are exempt from the fat and saturated fat standards | | | | <0.5 g | No partially hydrogenated oils | ≤230 mg | | 100% fruit is exempt from the sugar standards | | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No chemically altered fat substitutes | No caffeine | | | | | | |
| | ≤35% of total calories | | <10% of total calories | | | | ≤15 g | ≤35% by weight | | | | | | | | | | | | | | | | |
| Manufacturer | Food Item | Package or Serving Size | Weight (g) | General Standard Criteria Met | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Standard Met? | Sodium (mg) | Fiber (g) | Total Sugars (g) | % Sugars by Weight | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review | No artificial flavors or colors | No high fructose corn syrup | At least 2.5 grams of fiber |
| Sun Opta Aseptic, Inc | Sunrich Naturals Sunflower Lightly Salted All Natural Kernels, 1 oz | 1 oz | 28 | FG | 170 | 16.0 | 84.7% | 1.5 | 7.9% | 0 | yes | 110 | 2 | 1.00 | 0.0% | yes | yes | yes | M&R, Thurston, US Foods, SunOpta, Sysco CT | Code 1017268; UPC 8-10304-01212-4; Case UPC 108-10304-01212-1. | 8/20/13 | X | X | |
| Sungold Foods | Sunbutter Creamy (Sunflower Seed Butter), Bulk, 2 Tbsp | 1.1 oz | 32 | FG | 200 | 16.0 | 72.0% | 2.0 | 9.0% | 0 | yes | 120 | 4 | 3 | 9.4% | yes | yes | yes | Acosta Foodservice | Code 19010. Bulk Item. Can be served in portions up to 4 Tbsp. Contains no aded fat. | 8/7/13 | X | X | X |
| Sungold Foods | Sunbutter Creamy PC's (Sunflower Seed Butter), 1.1 oz | 1.1 oz | 31 | FG | 200 | 16.0 | 72.0% | 2.0 | 9.0% | 0 | yes | 120 | 4 | 3 | 9.6% | yes | yes | yes | Acosta Foodservice | Code 19010. Bulk Item. Can be served in portions up to 4 Tbsp. Contains no aded fat. | 8/7/13 | X | X | X |
| The Soynut Butter Company | Soynut Butter, Original, 2 Tbsp. | 2 Tbsp | 57 | FG | 190 | 14 | 66.3% | 2.5 | 11.8% | 0 | yes | 100 | 3 | 3 | 5.3% | yes | yes | yes | The Soynut Butter Company, US Foodservice | 54989-80001-6; 45 lb pail UPC 6-54989-80003-0. Product is bulk item and can be | 7/30/13 | X | X | X |